



TELOPEA PUBLIC SCHOOL

Chestnut Avenue, Telopea, NSW, 2117

PH: 9638 1296

FAX: 9638 0197

ABN: 99195659549



Education &
Communities

telopea-p.school@det.nsw.edu.au

SCHOOL NEWSLETTER

16th November 2016

Motto: "Success through Endeavour"

DATES FOR YOUR DIARY

23	Nov	2016	Books in Homes Assembly
06	Dec	2016	Scripture Assembly
07	Dec	2016	Presentation Day
08	Dec	2016	Year 6 Farewell
14	Dec	2016	Big Science Show Incursion
16	Dec	2016	Last Day of Term 4

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Last week all classes started a four week gymnastics program run on Thursdays by two qualified coaches from YMCA Epping. The lessons focus on teaching the fundamental body movements and equipment skills of gymnastics in a friendly and supportive atmosphere. The students enjoyed the lessons and are looking forward to this week. Please ensure that your child is dressed appropriately for the gym sessions and is wearing comfortable sport shoes on the day. Students will not be charged for this program as it will be subsidised by the Sporting Schools grant we have received this term to promote new health and fitness initiatives in our school.

I have some exciting canteen news to share with you all. Starting from next week Telopea Public School will be trialling a new lunch order system with local business '**Linda's Lunches**'. Linda's menu is extensive and offers a large range of food and snack which includes; sandwiches, tortilla wraps, hot food and fresh fruit. Students will be able to order from the new menu attached in this newsletter each Wednesday and Thursday. Placing an order is easy. Simply write your order down on paper and place it in a medium to large snap lock bag with the correct money. All orders will be collected by a teacher at morning assembly and lunches will be delivered to the school by 1.15pm. The trial will be for term 4 and if students and parents are happy with the service Telopea Public School will consider continuing this fantastic service available in 2017.

Finally included with this week's newsletter is a permission note regarding our End Of Year Incursion with Kaleidoscope Science. Mitchell visited our school earlier in the year with his amazing light show. This time he will captivate us with 'The Great Big Science Show'. Please ensure that money and notes are handed in by Wednesday 30th November so your child does not miss out on all the fun.

Regards,

Jenny Vasilareas
Relieving Principal

Kindergarten Enrolments 2017

If you are happy with the educational services Telopea Public School provides to your children please feel free to inform prospective parents about the quality education provided by the staff at Telopea and the extensive programs we offer.

We are still accepting enrolments for 2017, so if you have a child or know of anyone starting school next year who wishes to attend Telopea Public School please contact Mrs Di Losa in the school office on 9638 1296.

Sporting Schools

Sporting Schools is a \$100 million Australian Government initiative set to be the nation's largest sport-based participation program. The program aims to help children to foster a lifelong interest in sport and gain a healthier mind and body.

The funding received from Sporting Schools has been extended in Term 4 to include a Gymnastics Program. Within Sporting Schools, the LaunchPad Gymnastics program consists of four sessions, facilitated by Gymnastics Australia endorsed coaches. Each lesson is safe, fun and align with the new Australian Curriculum. Below are some photos from last weeks lessons.



Books In Homes

All Books In Homes orders have now arrived. I am in the process of sorting out each child's order by labelling each book and placing them in them in bags so that they are ready for the Book-Giving Assembly in Week 7.

I am also pleased to confirm with everyone that the Role Model for Term 4, Book Giving Assembly is Steve Liebmenn. He has worked on television and radio for more than 50 years. Many of you might remember him on the Nine Network's TODAY program.



Too Sick for School

As changeable weather hits, so does illness and sickness. It's often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should keep them home from school and seek medical advice. 🤒

School Counsellor

Parents who wish for their child to be seen by the school counsellor are asked to contact their child's class teacher in the first instance. Children may then be referred to our school's learning support team. Our school counsellor is available every second Monday.



Uniform Shop

Spring is here – purchase a new school Summer uniform or hat.

The School uniform shop is opened on **Wednesday mornings only** between (8:30am – 10:00am). Payment can be made by cash or cheque to Telopea Public School.



Canteen

Below is the new Canteen menu and instructions which are being trialled for Term 4, please note that Canteen days will be **Wednesdays and Thursdays** commencing next Wednesday November 23rd, 2016.



Linda's Lunches

TELOPEA PUBLIC SCHOOL

Menu and Pricelist - 2017

Available Wednesday and Thursday



- ❑ Please write order clearly on note paper and place in a medium/large snap lock bag, along with correct money.
- ❑ If a bag is not provided please **add 20c to order.**
- ❑ All orders to be given to a teacher at morning assembly
- ❑ Lunches will be delivered to the school by 1:15pm

FOR TUESDAY 7/3/14	
MARY SMITH	
6B	
1 VEGEMITE SANDWICH	\$2.00
1 STRAWBERRY MILK	\$2.00
1 GREEN APPLE	\$1.50
1 CHEESE STICK	\$1.00
1 ZOOPEER DOOPER	\$0.50
	\$7.00

FILLINGS	SANDWICHES	ROLLS
Buttered	\$0.70	\$0.90
Hundreds & Thousands	\$2.00	\$2.10
Vegemite	\$2.00	\$2.10
Honey	\$2.00	\$2.10
Strawberry Jam	\$2.00	\$2.10
Cheese	\$2.40	\$2.50
Egg & Mayo	\$2.70	\$2.80
Omelette	\$2.50	\$2.60
Tomato	\$2.40	\$2.50
Devon	\$2.40	\$2.50
Salmon	\$3.20	\$3.30
Tuna	\$2.80	\$2.90
Sandwich Ham	\$2.40	\$2.50
Leg Ham	\$3.80	\$3.90
Chicken Schnitzel	\$4.20	\$4.30
Chicken Loaf	\$2.40	\$2.50
Roast Chicken	\$4.00	\$4.10
Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot)	\$4.00	\$4.10
Baked beans or Spaghetti	\$2.00	\$2.10

Tortilla Wraps – any 3 fillings \$4.50
(eg. Ham, Cheese, Tomato or Chicken, Lettuce, Cheese)
Cheese only \$2.20
Wraps can be toasted on request

Salad Tubs (as per sandwiches-French or Italian dress.) \$4.50
With Chicken, Tuna or Ham \$5.00

EXTRAS

Avocado	\$0.70	\$0.70
Hard boiled eggs (shelled)	\$0.80	
BBQ sauce / Tomato sauce	\$0.10	\$0.10
(sauce for sandwiches and rolls only)		
Mayonnaise	\$0.10	\$0.10
Cucumber	\$0.40	\$0.40
Carrot	\$0.40	\$0.40
Beetroot	\$0.40	\$0.40
Tomato	\$0.40	\$0.40
Cheese	\$0.40	\$0.40
Lettuce	\$0.40	\$0.40
Pineapple	\$0.40	\$0.40
Salad (Lettuce/Tom/Cheese/ Cucumber/Beetroot/Carrot)	\$2.40	\$2.40

SNACKS

Popcorn	\$0.90
Mamee Noodles	\$0.90
Raspberry or Apricot Fruit Sticks	\$0.50
Choc Chip or Yogurt Muesli Bars	\$0.80
Cheese Sticks	\$1.00

FRESH FRUIT

Banana	\$1.50
Apple – Green or Red	\$1.50
Orange	\$1.50

DRINKS (drinks can be ordered frozen)

100% Apple or Orange Juice	\$1.70
Bottled Spring Water	\$1.50
Chocolate or Strawberry Milk	\$2.00
Apple/Blackcurrant, Orange Fruit Or Tropical fruit Juice	\$1.40

HOT FOOD (meat products are not Halal)

Pie	\$2.80
Sausage Roll	\$2.50
Tomato Sauce, BBQ or Sweet Chilli	\$0.20
Pasta (home-made Bolognese sauce)	\$3.00
Parmesan Cheese	\$0.30
Noodles - beef or chicken	\$2.50
Garlic Bread	\$1.50
Chicken nuggets (4)	\$2.00
Hot dog	\$2.00
Sushi	\$2.50
-California or Tuna	
Soy sauce	\$0.10

- ❑ Unless requested, all sandwiches will be made with margarine and NO salt and pepper.
- ❑ Sandwiches are prepared fresh on the day of delivery.
- ❑ Sandwiches and wraps can be toasted with any sandwich fillings.
- ❑ If there are any other choices that aren't on the menu, please feel free to ask me.

Contact: Linda 96382631